

Trauma-informed Mediation

Aleks Jagiella-Litts, JD/MBA, MPsy
aleks@thehappyesq.com

1

Objectives

Basic understanding of the nature and effects of trauma.

Basic understanding of trauma-informed mediation.

Basic understanding of application in your practice.

Basic practices for self care.

2

If you remember
one thing from this
presentation...

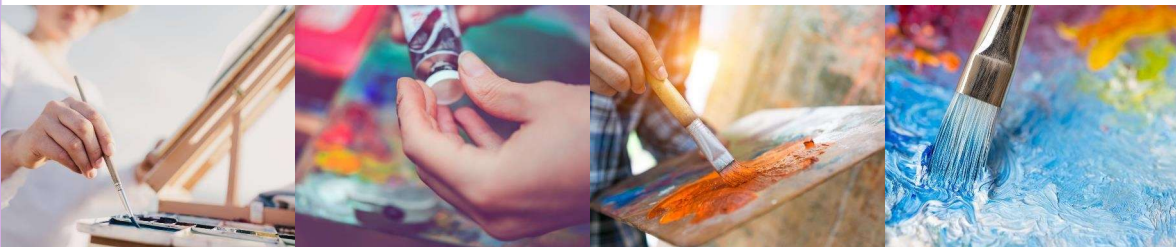
Treat your
mediation as part of
the healing process
for your clients.



3

Trauma

- What is Trauma?
- Adverse Childhood Experiences
- Trauma Statistics
- Cost of Trauma



4

What is trauma?

5

**Adverse Childhood
Experiences**

6

Adverse Childhood Experiences, cont'd

ACES Quiz located at

<http://adversechildhoodexperiences.net/>

7

Adverse Childhood Experiences, cont'd

Five personal events in ACES:

- Emotional Abuse
- Physical Abuse
- Sexual Abuse
- Emotional Neglect
- Physical Neglect

8

Types of Trauma

- Acute trauma
- Chronic trauma
- Complex trauma

9

Trauma Statistics and the Cost of Trauma

10

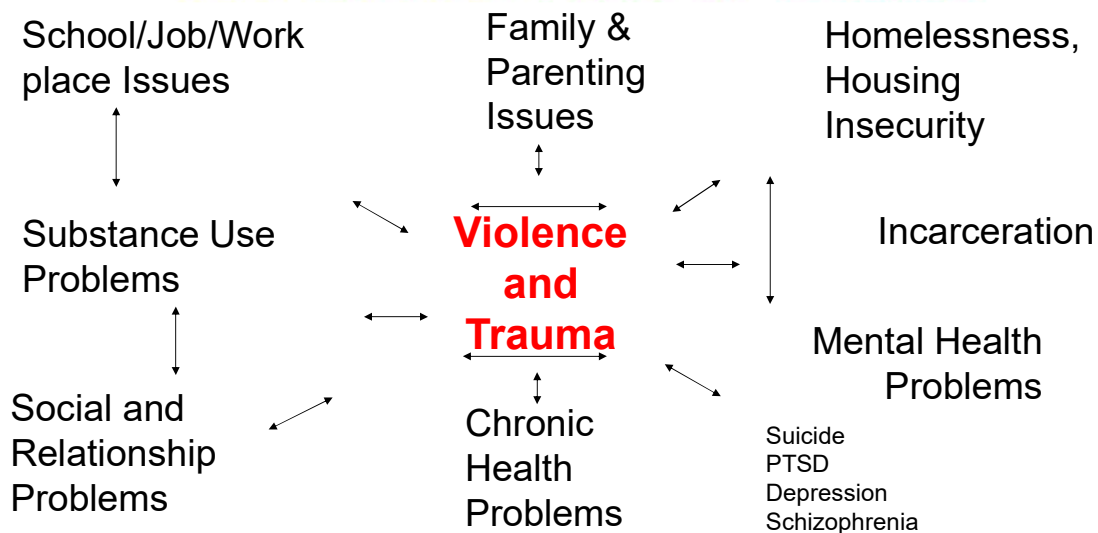
In 2018, the Children's Advocacy Centers in Florida served over 34,000 children who were victims of *trauma* such as child abuse or neglect.

60% of the victims were female and 40% were male
 36% of the victims were between the ages of 0 and 6
 35% of the victims suffered from sexual abuse;
 27% from physical abuse; and
 17% suffered from neglect

The children received 20,259 therapy services; 17,297 crisis intervention services; 11,120 medical evaluations; and 10,675 forensic/specialized interviews.

11

The Central Role of Trauma



12

Effects of Trauma

- PTSD
- Toxic Stress
- Domestic Violence



13

Trauma-sensitive and Trauma-informed

What is the difference?

14

Why should a mediator be trauma informed?

- How trauma affects our mediation clients and our mediation
- Vicarious Trauma
- Trauma and our staff



15

Why should a mediator be trauma informed?

16

Why should we have a trauma-informed mediation practice?

17

When a mediator is working with clients, it is crucial to utilize a trauma-sensitive, trauma-informed approach.

Why?

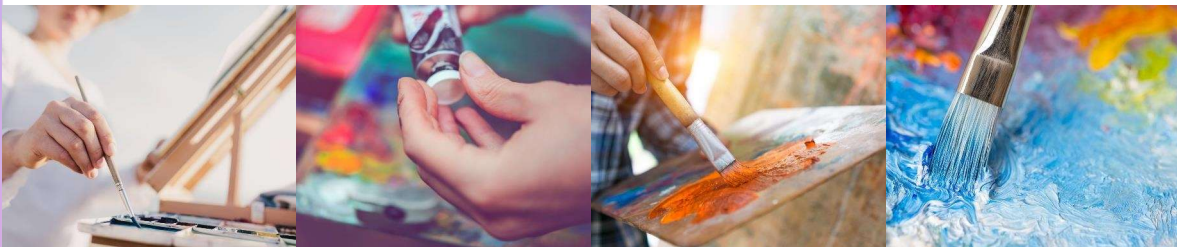
18

Because...Any client can be a trauma survivor and trauma has a profound effect on how a case proceeds, and it can easily derail the mediation process.

19

What is trauma-informed mediation?

- Examples of mock trauma-informed mediation



20

Trauma-informed

Components of Trauma-Informed Care

Creating a Safe Environment

Building Relationships and Connectedness

Supporting and Teaching Emotional Regulation

Substance Abuse for Mental Health Services Administration, 2014

21

Application in a Mediator's practice

- Office
- Language
- During the mediation

22

Being Trauma-Sensitive in daily practice at your office

- Safety
- Emotion management
- Loss
- Future

23

Safety:

- physical and emotional
- A place of sanctuary
- Consistency
- Predictability
- Honesty
- transparency,
- Reliability
- Availability
- and continuity;

24

Help provide emotion management:

- Tools to assist with reflection
- Awareness
- Acknowledge
- Labeling of emotion;

25

Loss:

- Acknowledge
- Empathy and empathetic words
- Support around the 'pain' of multiple losses (family, home, friends, community etc);

26

Future:

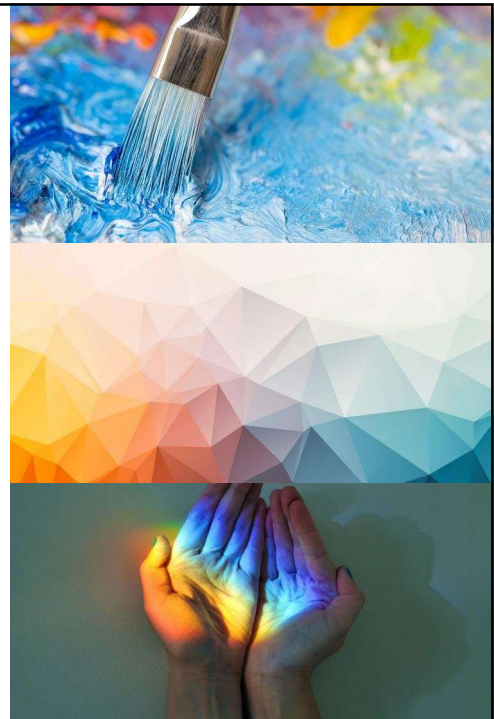
- Acknowledge
- Generation of hope
- Belief, and
- Competence.

27

Remember

Mediation is not a one size fits all form of dispute resolution.

Trauma-sensitive and
Trauma informed
will
change and adapt
in your practice.



28

Be cognizant to the differences

- Every client is different.
- Every mediation is different.
- Every attorney is different.

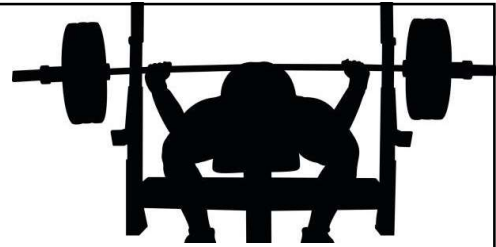


29

**Please take
responsibility
for the energy
you bring into
your space.**

30

Be Cognizant to the Weight of Trauma

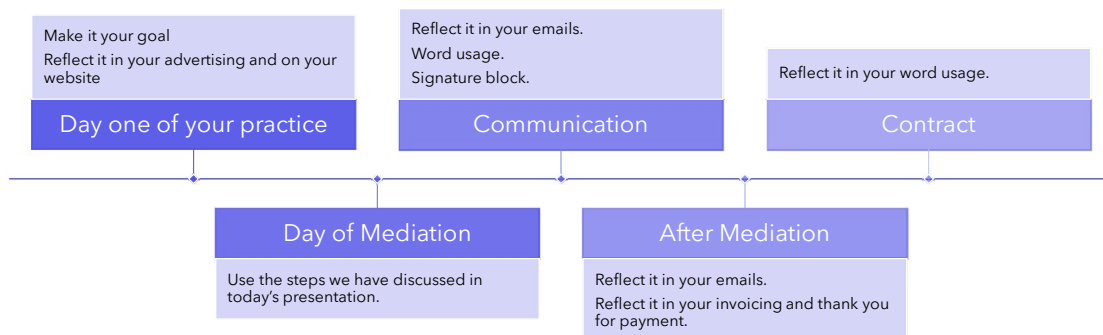


- Cultural
- Gender
- Socio-economic



31

Timeline of Trauma-informed practice



32

Self-Care

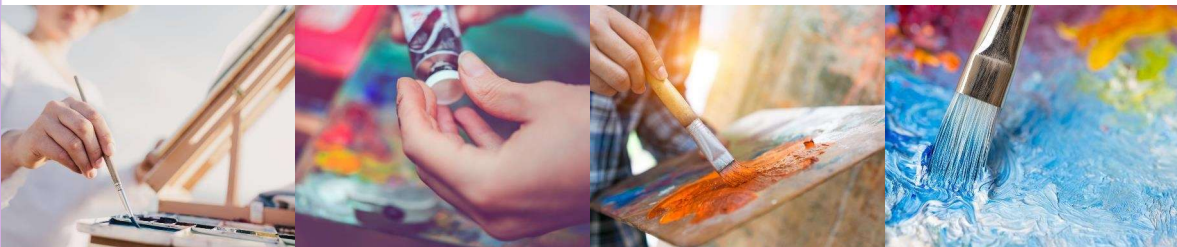
- For the Client
- For the Mediator
- For our staff



33

Self-Care

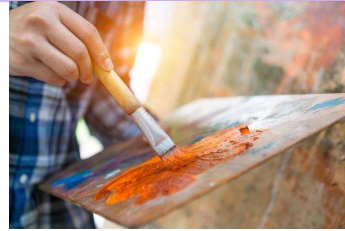
- Importance
- Connection
- Burnout



34

Summary

Mediation is not a one-size fits all form of dispute resolution and any client that walks in the door can be living with and processing trauma. Being trauma-sensitive and trauma informed helps make mediation part of the healing process for all of our clients.



35

**Treat your
mediation
as part of the
healing process.**

36

References

Leonard, J. (2020, June 3). *What is trauma? Types, symptoms, and treatments*. Medicalnewstoday.com. <https://www.medicalnewstoday.com/articles/trauma>

Pajer, N. (2018, October 3). *13 little ways you can help someone who has experienced trauma*. HuffPost. https://www.huffpost.com/entry/ways-to-help-trauma_n_5bb4da3ee4b01470d04d8ec7

Trauma sensitivity. (n.d.). Improvingmipractices.org. Retrieved August 5, 2022, from <https://www.improvingmipractices.org/resources/encyclopedia/trauma-sensitivity>

37



Thank you

Aleks Jagiella-Litts,
JD/MBA, MPsy

aleks@thehappyesq.com

38